

**IN THE CLAIMS:**

**Please amend claims 1, 9, 17, 18 and 20-22 as follows:**

1. (Currently Amended) An adjustable kettlebell comprising:

a handle with a grip section having a grip section axis;

[[one]] two or more attachment members extending from the handle, wherein the [[one]] two or more attachment members are configured as blade-like attachment members formed from a springy material to be deformable between a first position and a second position with a resilient mechanical compliance with respect to the handle;

a support bar, aligned along a weight plate axis, substantially parallel to the handle grip section axis, wherein the support bar is configured to support at least one weight plate between the attachment members; and

at least one weight stack; and

an adjustable plurality of weight plates.

2. (Previously Presented) The device of claim 1, wherein said attachment members resiliently deflect to clamp tightly against a variety of weight stack widths.

3. (Original) The device of claim 1, wherein a segment of said attachment members can flex within the grip section.

4. (Original) The device of claim 1, wherein said supporting bar has a smooth overall profile lacking in excessive protrusions.

5. (Original) The device of claim 1, wherein said supporting bar comprised a bolts/washer combination tightened on either side of elongated nut.

6. (Original) The device of claim 1, wherein said supporting bar comprises an elongated nut, a captive washer and at least one bolts/washer combination.

7. (Original) The device of claim 1, having a roughly hemispherical end caps to further approximate a spheroidal shape of a solid kettlebell.

8. (Original) The device of claim 1, wherein a protective band surrounding the weight stack accommodates different form factors and provides additional padding.

9. (Currently Amended) An adjustable kettlebell, comprising:

a handle having a grip section with a grip section axis, at least one two or more attachment members extending from the handle member, a support bar, wherein the support bar is configured to support at least one weight plate between the attachment members, at least one weight stack, capable of supporting an adjustable plurality of weight plates, wherein the at least one two or more attachment members are member is configured as blade-like attachment members formed from a springy material to be deformable between a first position and a second position with a resilient mechanical compliance with respect to the handle and said supporting bar is aligned along a weight plate axis and said support bar is configured to support at least one weight plate between the attachment members, nominally parallel to the axis of the grip-section of the handle; and wherein said attachment members are configured to provide an adjustable distance between the grip section and the weight plate axis.

10. (Previously Presented) The device of claim 9, wherein said attachment members resiliently deflect to clamp tightly against a variety of weight stack widths.

11. (Original) The device of claim 9, wherein a segment of said attachment members can flex within the grip section.

12. (Original) The device of claim 9, wherein said supporting bar has a smooth overall profile lacking in excessive protrusions.

13. (Original) The device of claim 9, wherein said supporting bar comprised a bolts/washer combination tightened on either side of an elongated nut.

14. (Original) The device of claim 9, wherein said supporting bar comprises an elongated nut, a captive washer and at least one bolts/washer combination.

15. (Original) The device of claim 9, having a roughly hemispherical end caps to further approximate a spheroidal shape of a solid kettlebell.

16. (Original) The device of claim 9, wherein a protective band surrounding the weight stack accommodates different form factors and provides additional padding.

17. (Currently Amended) An adjustable kettlebell, comprising:

a handle with a grip section having a grip section axis, at least one two or more attachment members member, a support bar, at least one weight stack, capable of supporting an adjustable plurality of weight plates, wherein the at least one two or more attachment members are member is configured as blade-like attachment members formed from a springy material to be deformable between a first position and a second position with a resilient mechanical compliance

with respect to the handle and said supporting bar is aligned along a weight plate axis, which is nominally parallel to a handle grip-section axis and support bar is configured to support at least one weight plate between the attachment members; and wherein said ~~at least one~~ two or more attachment members are ~~member~~ is configured to provide an adjustable distance between the grip section and the plate axis, and wherein said ~~at least one~~ two or more attachment members are ~~member~~ is flexibly configured to clamp tightly against weight stack of different widths.

18. (Currently Amended) The adjustable kettlebell in claim 1, wherein the ~~[[one]]~~ two or more attachment members are each configured with an asymmetric cross-section.

19. (Previously Presented) The adjustable kettlebell in claim 18, wherein the asymmetric cross-section is configured with a greater breadth in a direction perpendicular to the weight plate axis then in a direction parallel to the weight plate axis.

20. (Currently Amended) The adjustable kettlebell of claim 1, wherein the ~~[[one]]~~ two or more attachment members are configured with an internal pivot point.

21. (Currently Amended) The adjustable kettlebell of claim 1, wherein the ~~[[one]]~~ two or more attachment members are configured with an asymmetric mechanical compliance.

22. (Currently Amended) The adjustable kettlebell of claim 1, wherein the ~~[[one]]~~ two or more attachment members are configured to provide an adjustable distance between the grip section and the weight plate axis.